



CANADIAN TURKEY'S  
*special seasoning blend*



1 TABLESPOON OREGANO

1 TABLESPOON TYME

2 TABLESPOONS GARLIC POWDER

2 TABLESPOONS SAGE

1 TABLESPOON CORIANDER

1 TABLESPOON ROSEMARY

1 TABLESPOON PEPPER

2 TABLESPOONS GROUND FENNEL SEEDS

*combine all 8 ingredients to make your rub*

**TIP:** triple the recipes and keep them on hand to use all season long



CANADIAN TURKEY'S  
*southern-style BBQ rub*



1 TABLESPOON SWEET PAPRIKA

2 TABLESPOONS GROUND MUSTARD

1 TEASPOON ALLSPICE

2 TABLESPOONS CHILI POWDER

1 TABLESPOON GROUND CORIANDER

3 TABLESPOONS BROWN SUGAR

2 TABLESPOONS CUMIN

1 TABLESPOON GARLIC POWDER

*combine all 8 ingredients to make your rub*

**TIP:** add 1/4 cup olive oil or vegetable oil to any of these rubs to create a paste



CANADIAN TURKEY'S  
*sunny mediterranean seasoning*



2 TABLESPOONS LEMON PEEL

1 TABLESPOON MINT

1 TABLESPOON CINNAMON

1 TABLESPOON PEPPER

1 TABLESPOON DILL

1 TABLESPOON MARJORAM

2 TABLESPOONS GARLIC POWDER

1 TABLESPOON OREGANO

*combine all 8 ingredients to make your rub*

**TIP:** pre-season your turkey 2 - 8 hours in advance for maximum flavour penetration



CANADIAN TURKEY'S  
*piri-piri rub*



1 TABLESPOON OREGANO

1 TEASPOON CAYENNE

1 TEASPOON CARDAMOM

1 TEASPOON GINGER

1 TABLESPOON CORIANDER

1 TABLESPOON LEMON PEEL

1 TABLESPOON PEPPER

1 TABLESPOON SWEET PAPRIKA

*combine all 8 ingredients to make your rub*

**TIP:** all rubs should be tightly sealed and can be safely stored with your other spices, up to 2 months